

April 13, 2020

St. Louis County Department of Public Health COVID-19 Update

Updated Website

St. Louis County continues to adapt and leverage technology facing the challenges of COVID-19 to provide access to information. The website www.stlcorona.com will be re-designed in the very near future. This update will make the website easier to navigate and will provide a more user-friendly experience when seeking information.

People Coming Out of Quarantine

Our region is beginning to see examples of those that have followed recommended courses of action after testing positive for COVID-19, and are now being released from isolation/quarantine. These instances give us all hope and are representative of the overwhelming majority of those that do test positive for COVID-19.

The CDC identifies experiences of isolation/quarantine as being very stressful. It is important to understand that everyone could feel differently after coming out of quarantine. Some emotional reactions to coming out of quarantine may include:

- Mixed emotions, including relief after quarantine
- Fear and worry about your own health and the health of your loved ones
- Stress from the experience of monitoring yourself or being monitored by others for signs and symptoms of COVID-19
- Sadness, anger, or frustration because friends or loved ones have unfounded fears of contracting the disease from contact with you, even though you have been determined not to be contagious
- Guilt about not being able to perform normal work or parenting duties during quarantine
- Other emotional or mental health changes

Contact Information

The Missouri Department of Health and Senior Services hotline can be reached at (877)435-8411.

St. Louis County has created a website dedicated to the dissemination of information relating to COVID-19, www.stlcorona.com. Please visit that website or those belonging to the Center for Disease Control (CDC) or the World Health Organization (WHO) for the most current and reputable information.



Sergeant Benjamin Granda

Public Information Coordinator

314-615-4282

bgranda@stlouisco.com